

Grand Prix woj. zachodniopomorskiego i lubuskiego
Koszalin, 8.11.2012

Konkurencja 11
2012-11-08 - 15:00

Dziewcz't, 400m dowolny

13 - 15 lat
Wyniki

Punkty: FINA 2008

Pozycja	Rok ur.	Czas	Pkt.
13 lat			
1. SZATANEK, JULIA	99	Mkp Szczecin	4:46.72 586
50m: 31.29 31.29	150m: 1:43.12 36.50	250m: 2:57.89 37.40	350m: 4:11.51 36.26
100m: 1:06.62 35.33	200m: 2:20.49 37.37	300m: 3:35.25 37.36	400m: 4:46.72 35.21
2. KAWCZAK, Joanna	99	Mkp Szczecin	4:49.13 571
50m: 33.21 33.21	150m: 1:47.05 37.37	250m: 3:01.36 37.28	350m: 4:14.55 36.38
100m: 1:09.68 36.47	200m: 2:24.08 37.03	300m: 3:38.17 36.81	400m: 4:49.13 34.58
3. BIELIŃSKA, Karolina	99	MKP S ³ owianka Gorzów	4:51.66 556
50m: 31.97 31.97	150m: 1:44.11 36.86	250m: 2:59.70 38.03	350m: 4:14.92 37.73
100m: 1:07.25 35.28	200m: 2:21.67 37.56	300m: 3:37.19 37.49	400m: 4:51.66 36.74
4. STEPANCHENKO, ANNA	99	Mkp Szczecin	5:00.47 509
50m: 33.90 33.90	150m: 1:51.35 39.09	250m: 3:08.44 38.72	350m: 4:24.25 37.67
100m: 1:12.26 38.36	200m: 2:29.72 38.37	300m: 3:46.58 38.14	400m: 5:00.47 36.22
5. LESNER, ZUZANNA	99	Mkp Szczecin	5:04.18 490
50m: 34.52 34.52	150m: 1:52.22 39.25	250m: 3:10.22 38.57	350m: 4:27.27 39.15
100m: 1:12.97 38.45	200m: 2:31.65 39.43	300m: 3:48.12 37.90	400m: 5:04.18 36.91
6. MUSZTAFAGA, MAJA	99	Mkp Szczecin	5:19.00 425
50m: 35.56 35.56	150m: 1:55.39 40.29	250m: 3:17.90 41.18	350m: 4:39.46 40.49
100m: 1:15.10 39.54	200m: 2:36.72 41.33	300m: 3:58.97 41.07	400m: 5:19.00 39.54
7. OLEJNIK, Patrycja	99	MKP S ³ owianka Gorzów	5:20.29 420
50m: 35.31 35.31	150m: 1:57.18 41.02	250m: 3:20.14 40.95	350m: 4:41.68 40.65
100m: 1:16.16 40.85	200m: 2:39.19 42.01	300m: 4:01.03 40.89	400m: 5:20.29 38.61
8. KRUPSKA, Patrycja	99	MKP S ³ owianka Gorzów	5:21.37 416
50m: 35.72 35.72	150m: 1:57.15 41.11	250m: 3:19.97 41.68	350m: 4:41.75 40.79
100m: 1:16.04 40.32	200m: 2:38.29 41.14	300m: 4:00.96 40.99	400m: 5:21.37 39.62
9. JAWORSKA, Aleksandra	99	MKP S ³ owianka Gorzów	5:23.34 408
50m: 37.88 37.88	150m: 1:59.35 40.97	250m: 3:22.02 41.11	350m: 4:43.64 40.75
100m: 1:18.38 40.50	200m: 2:40.91 41.56	300m: 4:02.89 40.87	400m: 5:23.34 39.70
10. NAWROCKA, Paulina	99	MKP S ³ owianka Gorzów	5:23.72 407
50m: 37.50 37.50	150m: 2:00.86 42.08	250m: 3:24.71 42.16	350m: 4:47.14 40.91
100m: 1:18.78 41.28	200m: 2:42.55 41.69	300m: 4:06.23 41.52	400m: 5:23.72 36.58
11. TARKOWSKA, Paulina	99	MKP S ³ owianka Gorzów	5:24.03 406
50m: 36.09 36.09	150m: 1:58.11 41.46	250m: 3:22.17 42.56	350m: 4:45.93 41.13
100m: 1:16.65 40.56	200m: 2:39.61 41.50	300m: 4:04.80 42.63	400m: 5:24.03 38.10
14 lat			
1. TRZCIŃSKA, Gabriela	98	MKP S ³ owianka Gorzów	4:50.78 561
50m: 32.43 32.43	150m: 1:46.15 37.21	250m: 3:00.36 37.13	350m: 4:15.71 37.42
100m: 1:08.94 36.51	200m: 2:23.23 37.08	300m: 3:38.29 37.93	400m: 4:50.78 35.07
2. KOWALIK, Natalia	98	Znicz Koszalin	4:52.25 553
50m: 33.33 33.33	150m: 1:45.56 36.50	250m: 3:00.54 37.44	350m: 4:15.77 37.67
100m: 1:09.06 35.73	200m: 2:23.10 37.54	300m: 3:38.10 37.56	400m: 4:52.25 36.48
3. OLEBA, Ma ³ gorzata	98	Mkp Szczecin	4:56.11 532
50m: 33.73 33.73	150m: 1:47.93 37.50	250m: 3:03.19 37.70	350m: 4:18.82 37.94
100m: 1:10.43 36.70	200m: 2:25.49 37.56	300m: 3:40.88 37.69	400m: 4:56.11 37.29
4. KOPCZYŃSKA, Ada	98	MKP S ³ owianka Gorzów	4:57.21 526
50m: 32.48 32.48	150m: 1:47.43 38.32	250m: 3:03.12 38.16	350m: 4:20.06 38.40
100m: 1:09.11 36.63	200m: 2:24.96 37.53	300m: 3:41.66 38.54	400m: 4:57.21 37.15
5. ŁUKASZEWICZ, Nikola	98	MKS "Neptun"	5:04.80 487
50m: 34.60 34.60	150m: 1:50.84 38.63	250m: 3:09.35 39.58	350m: 4:26.93 38.57
100m: 1:12.21 37.61	200m: 2:29.77 38.93	300m: 3:48.36 39.01	400m: 5:04.80 37.87

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Konkurencja 11, Dziewcz¹t, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.		
6.	VAN DOORNE, Gabriela		98	MKP S ³ owianka Gorzów				5:09.25	467		
	50m:	34.76 34.76	150m:	1:52.63	39.27	250m:	3:11.46	39.18	350m:	4:30.92	40.05
	100m:	1:13.36 38.60	200m:	2:32.28	39.65	300m:	3:50.87	39.41	400m:	5:09.25	38.33
7.	KIETRYS, Nikola		98	Znicz Koszalin				5:09.66	465		
	50m:	34.30 34.30	150m:	1:50.70	38.72	250m:	3:09.45	39.74	350m:	4:30.12	41.15
	100m:	1:11.98 37.68	200m:	2:29.71	39.01	300m:	3:48.97	39.52	400m:	5:09.66	39.54
8.	CZERWIŃSKA, Anita		98	Znicz Koszalin				5:14.34	444		
	50m:	35.25 35.25	150m:	1:52.25	39.03	250m:	3:12.51	40.20	350m:	4:33.91	40.60
	100m:	1:13.22 37.97	200m:	2:32.31	40.06	300m:	3:53.31	40.80	400m:	5:14.34	40.43
9.	WO•NIAK, Karina		98	Mkp Szczecin				5:18.46	427		
	50m:	37.05 37.05	150m:	1:58.77	40.64	250m:	3:19.48	40.50	350m:	4:39.95	39.97
	100m:	1:18.13 41.08	200m:	2:38.98	40.21	300m:	3:59.98	40.50	400m:	5:18.46	38.51
10.	BIELECKA, Katarzyna		98	Znicz Koszalin				5:36.18	363		
	50m:	36.40 36.40	150m:	1:57.51	41.41	250m:	3:24.19	43.78	350m:	4:52.76	44.33
	100m:	1:16.10 39.70	200m:	2:40.41	42.90	300m:	4:08.43	44.24	400m:	5:36.18	43.42

15 lat

1.	NOWAK, Julia		97	MKP S ³ owianka Gorzów				4:31.24	692		
	50m:	30.80 30.80	150m:	1:38.66	34.32	250m:	2:48.55	34.73	350m:	3:58.14	34.72
	100m:	1:04.34 33.54	200m:	2:13.82	35.16	300m:	3:23.42	34.87	400m:	4:31.24	33.10
2.	UCHIMIAK, Marta		97	Znicz Koszalin				5:06.36	480		
	50m:	33.70 33.70	150m:	1:50.92	39.18	250m:	3:09.09	39.06	350m:	4:29.53	40.06
	100m:	1:11.74 38.04	200m:	2:30.03	39.11	300m:	3:49.47	40.38	400m:	5:06.36	36.83
PK	BIERNACKA, Wiktoria		00	Znicz Koszalin				5:05.03	486		
	50m:	33.45 33.45	150m:	1:50.60	39.65	250m:	3:09.37	39.32	350m:	4:27.76	39.40
	100m:	1:10.95 37.50	200m:	2:30.05	39.45	300m:	3:48.36	38.99	400m:	5:05.03	37.27